

Stage Based Tobacco Self Help Materials*

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Please consider using these pamphlets, brochures as part of your Tobacco Cessation Program. It is based upon the Trans Theoretical Model and Stages of Change approach. The resource list is not complete, nor exhaustive. If you have a suggested handout or pamphlet, please e-mail the ideas to Mark Long at longm@nehc.med.navy.mil.

*Adapted from Leed-Kelly, A; Russell, K.S., Bob, J.K., McIlvan H., 1996.

PRECONTEMPATION

Brochure



Publisher

Thinking About Being
Tobacco Free

Health Enhancement
Systems (800-326-2317)

How Much Do You Know
About Smoking

American Academy
of Family Physicians

The Decision is Yours

American Cancer Society

Quit Smoking, The Lives
You Save Could Be Theirs

American Cancer Society

Children & Smoking: A
Message to Parents

American Heart Association

Facts About Nicotine
Addiction

American Lung Association

Questions & Answers:
About Smoking and Health

American Lung Association

The Facts About Smoking

Health EDCO

Tobacco, The ABC's

ETR (800-321-4407)
www.etr.org

The Smoke Around You

American Cancer Society

Cigars - More Dangerous
Than you Think

Channing Bete Co.
(800-628-7733)

CONTEMPLATION

Brochure

The Benefits of Being
Tobacco Free

Smart Move: A
Stop Smoking

Why Do You Smoke?

Clearing the Air

Smoking: Why Do I
Smoke Quiz?

5 Smart Steps To Stop
Smoking

Publisher

Health Enhancement
Systems (800-326-2317)

American Cancer Society

National Institute of Health

National Institute of Health

American Academy of Family
Physicians
[http://familydoctor
org/handouts/ 296.html](http://familydoctor.org/handouts/296.html)

ETR Associates
(800-321-4407)



PREPARATION

Brochure

Preparing To Be Tobacco
Free

How To Quit

Breathing Easy
Series
Managing Stress,
Disarming Triggers,
Overcoming

Clearing the Air

Publisher

Health Enhancement
Systems (800-326-2317)

American Heart Association

Hazeldon

National Institute of Health



ACTION

Brochure

Publisher

Feeling Good About Not
Using Tobacco

Health Enhancement
Systems (800-326-2317)

Clearing the Air

National Institute of Health

Breathing Easy
Series
Staying Quit

Hazeldon

The Good Life

American Heart Association

Before You Quit
Smoking

ETR

Do you Want To Be A
Former Smoker?

ETR

Quitting For Life Self
Care Handbook

Channing Bete Co.

Smart Move
A Stop Smoking Guide

American Cancer Society



MAINTENANCE

Brochure

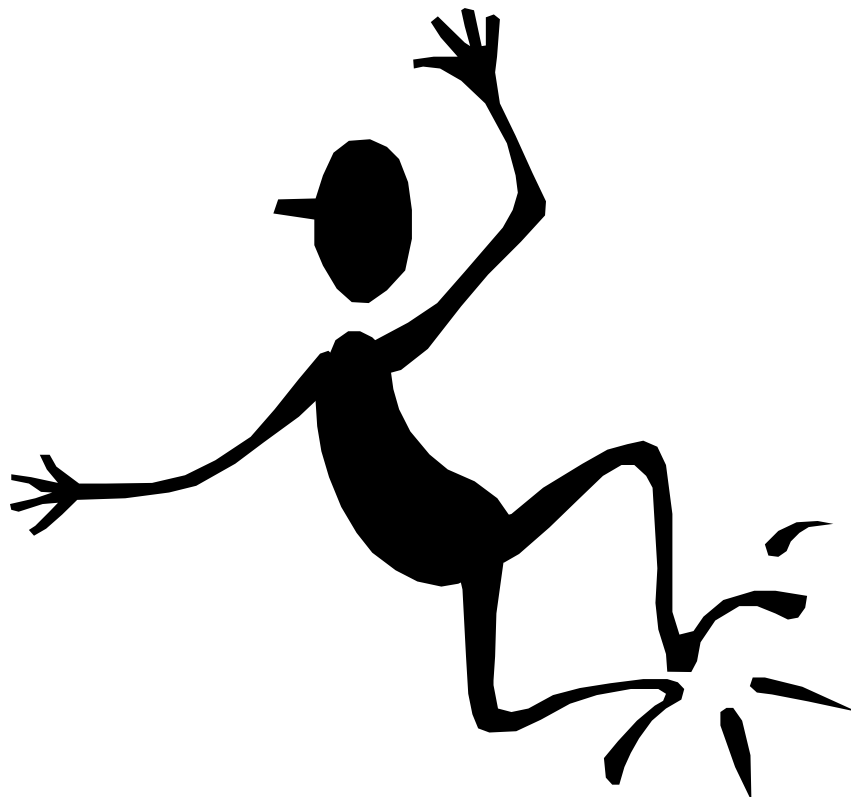
Maintaining A
Tobacco-Free
Lifestyle

Remaining A
Former Smoker The
First Year

Publisher

Health Enhancement
Systems (800-326-2317)

ETR



RELAPSE

Brochure

Next Stop When Former
Smokers Slip

Publisher

ETR (800-321-4407)
www-etr.org

